

I appreciated the opportunity this past week to be in America's First District meeting with many great folks to discuss the issues that are on their minds. In addition to meetings with individuals each day in my offices in Yorktown, Tappahannock, and Fredericksburg, I was also able to visit various workplaces and businesses in the First District to see firsthand the great work being accomplished.

Last week was National Health Center Week, and on Monday and Tuesday I visited Town Center Physicians in Mathews and the Community Health Center of the Rappahannock Region in Fredericksburg. It's incredibly inspiring to see the valuable services being performed by the skilled staff at these health centers. For many of the under-served patients in our communities, these health centers are the only way to receive medical care that is affordable and high quality. I know that patients in the Fredericksburg area and on the Middle Peninsula truly appreciate their local community health centers, and I salute the staff at these community health centers and others across the Commonwealth and nation during National Health Center Week.

On Tuesday, I was proud to participate in the groundbreaking ceremony for a recently announced project to build roughly 29 miles of express lanes for drivers on Interstate 95 from Stafford up to Northern Virginia. This public-private partnership will responsibly and effectively leverage Virginia taxpayers' dollars with private funds to increase choice for commuters and alleviate congestion on our roads. I commute to Washington from Montross each day that Congress is in session, and I understand the frustration that comes from idly sitting in traffic. While there is no single policy option that will eliminate our region's traffic problems, this project will enable greater productivity for our small businesses and allow folks to spend more time with their families and living their lives. Breaking ground on this project, which is expected to be completed in 2014, was a great milestone for Virginians.

As this district work period continues, I'm ever mindful of the imminent cuts to our national defense, known as "sequestration." On Thursday, I visited the American Legion Post 89 in King George, where I had the opportunity to discuss these looming cuts, in addition to veterans issues. Speaking with these committed patriots was a powerful reminder of how critical it is for Congress to ensure that our troops are as well-equipped and well-trained as they can possibly be as they serve our nation. I will continue to call for Congress to return to Washington to pursue a solution to prevent these catastrophic cuts to our national security capabilities. Pushing this issue off until a later date is simply irresponsible.

Please keep in touch with me as we move through August. I am always appreciative of your

thoughts and ideas on the issues facing our nation. I can be reached through my website (www.wittman.house.gov), by phone at (202) 225-4261, on Facebook (www.facebook.com/reprobwittman), or on Twitter (www.twitter.com/robwittman).